



**TAKE FIVE MINUTES
TO CONSIDER HOW TO
DO THE JOB SAFELY.**

**TAKE FIVE SECONDS
TO THINK ABOUT
WHAT YOU'RE GOING
TO DO.**

**TAKE FIVE ITEMS TO
REFLECT ON WHEN
THE JOB IS DONE.**

Ask Yourself:

Am I unfamiliar with this task or work environment?

Review the procedure or hazard analysis, or talk to your supervisor or SSO before starting the task.

Do I understand the Material Safety Data Sheet (MSDS) for the chemical I'm planning to use?

Talk to your ES&H Group if you have questions regarding MSDS's.

Do I have the appropriate Personnel Protective Equipment (PPE) for this task?

Talk to your supervisor or SSO, review the procedure, job hazard analysis and MSDS.

If I'm working with electronic monitoring equipment, should I check to make sure the instrument works?

Always make sure the instruments are calibrated, "up to date" and in good working condition.

Should I Take Five before starting any project?

The answer is yes!

For additional help and information, please contact your supervisor or D/S/C ES&H Group or check: <http://www.fnal.gov/takefive/>.

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